

1st MALAYSIAN OPEN GRAND PRIX 2019 , KUALA LUMPUR**DAY ONE (30 MARCH 2019)**

| Event No | Time | Events | Category | Stage |
|--|---------|--------------------|----------|---------|
| 101 | 9.00am | Triple Jump | Women | Final |
| 102 | 9.00am | Hammer Throw | Women | Final |
| 103 | 9.10am | Pole Vault | Men | Final |
| 104 | 9.15am | 100m | Women | S/Final |
| 105 | 9.45am | 100m | Men | S/Final |
| 10.25 am - Victory Ceremony For Event No. 101 , & 102 | | | | |
| 106 | 10.45am | 400m Hurdles | Women | S/Final |
| 107 | 11.10am | 400m Hurdles | Men | S/Final |
| 11.40 am -Victory Ceremony For Event No. 103 | | | | |
| Break | | | | |
| 108 | 2.30pm | Pole vault | Women | Final |
| 109 | 2.45pm | 400m Hurdles | Women | Final |
| 110 | 3.05pm | 400m Hurdles | Men | Final |
| 111 | 3.05pm | Triple Jump | Men | Final |
| 112 | 3.10pm | Hammer Throw | Men | Final |
| 113 | 3.15pm | Shot Put | Men | Final |
| 114 | 3.25pm | 100m | Women | Final |
| 115 | 3.45pm | 100m | Men | Final |
| 4.00 pm -Victory Ceremony For Event No. 109, 110 &111 | | | | |
| 116 | 4.30pm | 800m | Women | Final |
| 117 | 4.50pm | 800m | Men | Final |
| 5.20 pm -Victory Ceremony For Event No. 112 , 113,114 &115 | | | | |
| 118 | 5.40pm | 3000m Steeplechase | Men | Final |
| 5.45 pm -Victory Ceremony For Event No. 108 , 116 & 117 | | | | |
| 6.00 pm -Victory Ceremony For Event No. 118 | | | | |

DAY TWO (31 MARCH 2019)

| Event No | Time | Events | Category | Stage |
|---|---------|--------------|----------|---------|
| 201 | 8.45am | 5000m | Men | Final |
| 202 | 9.00am | Long Jump | Women | Final |
| 203 | 9.05am | Discus Throw | Men | Final |
| 204 | 9.10am | High Jump | Women | Final |
| 205 | 9.25am | 200m | Women | S/Final |
| 206 | 9.50am | 200m | Men | S/Final |
| 207 | 10.15am | 400m | Women | S/Final |
| 208 | 10.40am | 400m | Men | S/Final |
| 11.10 am -Victory Ceremony For Event No. 201 , 202 ,203 & 204 | | | | |
| 209 | 11.40am | 110m Hurdles | Men | S/Final |
| 210 | 11.55am | 100m Hurdles | Women | S/Final |
| Break | | | | |
| 211 | 2.30pm | High Jump | Men | Final |
| 212 | 2.30pm | Long Jump | Men | Final |
| 213 | 2.35pm | Discus Throw | Men | Final |
| 214 | 2.35pm | 100m Hurdles | Women | Final |
| 215 | 2.55pm | 110m Hurdles | Men | Final |
| 216 | 3.25pm | 400m | Women | Final |
| 217 | 3.45pm | 400m | Men | Final |
| 4.00 pm -Victory Ceremony For Event No. 212,213, 214 &215 | | | | |
| 218 | 4.25pm | 1500m | Women | Final |
| 219 | 4.45pm | 1500m | Men | Final |
| 5.00 pm -Victory Ceremony For Event No. 211 ,216 &217 | | | | |
| 220 | 5.20pm | 200m | Women | Final |
| 221 | 5.40pm | 200m | Men | Final |
| 5.55 pm -Victory Ceremony For Event No. 218 , 219, 220 & 221 | | | | |